



State of Connecticut
Police Officer Standards and Training Council
Connecticut Police Academy



PHYSICAL PERFORMANCE EXAMINATION - 50%

NAME: _____ DEPARTMENT/AGENCY: _____

DATE: _____ GENDER: Male ☐ Female ☐ Age: _____ Photo ID#: _____

EVENT	50% TARGET	TRIAL SCORE	INITIALS	P/F
1. Sit-ups				
2. Sit & Reach				
3. Push-ups				
4. 1-1/2 Mile Run				

ACCEPTANCE OF SCORES: *I certify that to the best of my knowledge the above scores are correct.*

FITNESS SPECIALIST NAME: _____ **DEPARTMENT:** _____
(please print)

FITNESS SPECIALIST SIGNATURE

CANDIDATE SIGNATURE

Male Candidate

AGE	1 MINUTE OF SIT-UPS	SIT/REACH (Straight-leg)	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 50%
20 - 29	40	17-1/2 in.	33	11:58
30 - 39	36	16-1/2 in.	27	12:24
40 - 49	31	15-1/4 in.	21	13:12
50 - 59	26	14-1/2 in.	15	14:23
60 - 69	20	13-1/2 in.	15	15:56

Female Candidate

AGE	1 MINUTE OF SIT-UPS	SIT/REACH (Straight-leg)	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 50%
20 - 29	35	20 in.	18	14:04
30 - 39	27	19 in.	14	14:34
40 - 49	22	18 in.	11	15:34
50 - 59	17	17-3/4 in.	8	17:19